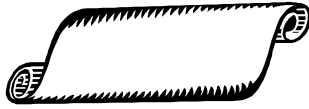


# Ginger Lipman Wishner, MFCC

Individual and Relationship Counseling  
Health and Exercise Consultant  
License MFC 19582

6637 La Jolla Boulevard  
8993  
La Jolla, California 92037

619 ♦ 454 ♦



My First Practice Newsletter,

This has been a dream and a goal of mine for many years. I'm excited to be here and to have "arrived" to you.

For some of you it has been many years since we have been in contact or worked together. For others this will be a more recent update and hello. I have gathered clients, colleagues and group members for this mailing and hope to make it informative and enjoyable to receive periodically.

Things are going quite well for me and my practice. For those of you who don't know I got married in 1995. I have a new last name and a wonderful husband. It has been a great experience and change.

After finding the book, Searching for Courtship, I finally had a road map on how to attract a healthy, loving relationship which would lead to marriage.

Since then, things have blossomed for me. After some prodding from my friends and colleagues, I shared my story with the author of this book and have her permission to use it for groups which I offer.

These groups help others who are **Ready for Love and Marriage** (the name of the group), and want to learn how to make it happen in their lives.

It has been over a year now that I began these groups and have had a lot of fun and success. There have been groups for women, men, therapists, and follow-up support groups. Recently someone got engaged after attending and learning the process. As you can imagine this is very exciting and rewarding for me.

This newsletter originally started out as an idea for group participants to stay informed and connected, so I thought I'd begin with the topic of **Ready for Love and Marriage**.

I hope you all are well and satisfied with your personal and professional journeys. Thank you for your interest and support. If you have any questions or just want to say hi, please give me a call.

With warm regards,

## Why Does Love and Marriage Seem So ELUSIVE ?

Most of us grow up with the myth that our **Prince Charming** or our **Cinderella** will just one day appear in our lives, that we will fall madly in love, get married and live happily ever after.

What a terrible thing to find many years later that our dream has not come true. Unfortunately, this can happen for a number of reasons. So breaking down the myth, let's take each step one at a time.

What if your **Prince Charming/Cinderella** just doesn't appear? Do you know how to appropriately go looking for them, while making your life more full and fun in the process?

What if you do meet your **Prince Charming/Cinderella** and fall madly in love? Have you really gotten to know them and built a solid foundation before getting married? Or is "love" going to carry you through? What happens if it doesn't last?

Most of us who get married think it will be happily ever after. What we don't know or aren't told is how much work it is to have a healthy, loving relationship. There are so many complicating factors in building and living a happy and fulfilling life.

Love and Marriage can flourish or break down at any given point along the way. Why it seems so elusive is that it is hard; and we often don't have the knowledge, tools, or effort to make it happen and be wonderful. (To be continued)

## Comments From Group Participants

"Invaluable -- should have happened 20 years ago."

"The course finally allowed me to understand how to find a healthy, committed relationship. Thank You!"

"I learned A LOT more than I ever could have on my own."

"The group helped me come to a conclusion about my situation. It helped to know resources and it helped with some basic social skills."

"It really helped me put dignity back into my way of seeing myself in relationships, rather than continuing my old patterns."

June 1997



